

Finding Quality Care For Your Child



Quality Child Care



A Partnership of the
California Children & Families Commission
and the Children & Families County Commissions

Quality Child Care



Tips To Remember

- Visit the child care center or home while children are there.
- Watch how the provider talks to and plays with children.
- There should be places for your child to:
 - Have quiet time.
 - Read.
 - Build with blocks.
 - Do a puzzle.
 - Play outside.
 - Do art.
 - Get messy.
 - Put on dress-up clothes.
- Check references.
- Trust your instincts.



You Can Find Quality Child Care

Leaving your baby or child with someone else isn't always easy. But it helps to find the right child care. When babies and children get the right care, they feel happy and secure. Good care helps your child grow up safe, healthy and learning.

This brochure gives tips to help you:

- Decide what type of child care setting is good for you and your child.
- Know what to look for in a person to care for your child.
- Figure out a list of questions you should ask.

No matter where you live in California, you should be able to find quality care. Call your local child care resource and referral (R&R) agency for help. Or call **(800) 543-7793**. You may even find help to pay for child care.

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Here's What You Need To Know About Child Care

There are many different types of child care. Some care is licensed by the State of California. Some care is not. When care is licensed, the workers must:

- Follow rules about health and safety.
- Have a fingerprint check.
- Have a background check.



Family Child Care Homes

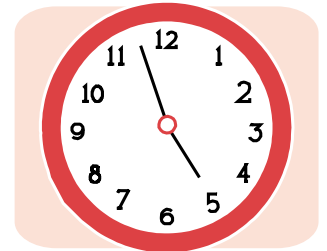
This type of care takes place in the child care provider's home. Family child care homes:

- Are licensed.
- Often have flexible hours.
- May have children of many different ages.
- Must limit the number of children they care for.

Child Care Centers

Most of the time, child care centers are bigger than family child care homes. Child care centers:

- Are licensed.
- Can be run by an individual, business, school, church or public agency.
- Have certain hours and days for care.
- Can care for infants, toddlers, preschoolers and school-age children.



In-Home Care

In-home care is when someone comes to your home to care for your child. It can be a friend, relative, nanny or babysitter. In-home care for your child:

- Is not licensed.
- Lets you set the hours you need.

You should find out all about anyone who cares for your child. They should have references. You can call TrustLine **(800) 822-8490** for help.

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Home Care Providers

Home care providers care for the children in their family as well as for children from one other family. Children go to the provider's home for care. Home care providers:

- Are not licensed.
- Are usually very small.
- May only have a few children.

You should find out all about anyone who cares for your child. They should have references. You can call the TrustLine for help.



Find Out More About The Child Care Provider

Find out about the child care provider before you hire.

Call a resource and referral agency.

- Decide what type of care is right for you and your child.
- Get a list of licensed child care workers.
- Find out what questions you should ask.



Call **(800) 543-7793**.

Call TrustLine

This is a place where child care providers can register. When they do this, it helps you know they can be trusted. Child care givers who register with TrustLine:

- Must give their fingerprints.
- Must not have problems with crime.
- May be checked by the FBI.

Call **(800) 822-8490**.

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What You Can Do To Find Good Child Care

Visit child care places when children are there.

- Look to see how the child care staff work and play with the children.
- Make sure it is clean and safe.
- See if they have the right equipment to care for your child.
- See if they have lots of toys and activities that are right for your child's age.



Talk with the child care worker(s). Find out if:

- The center or home is licensed.
- The staff has special training.
- The child care workers are experienced.
- The staff has worked there a while.

Questions To Ask

You can ask your child care provider:

- How long have you been working with children?
- What do you like about working with children?
- How many children does each worker care for?
- How do you discipline the children? (Make sure they never hit or shake babies or children.)
- Can I visit anytime?

Ask them what they do if your child gets sick:

- What do you do in emergencies?
- Are you trained in first aid and CPR?
- Can my child come to the center/home when he or she is sick?



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Other tips to remember

- Get a list of other parents who use the center. Call them.
- Call TrustLine and check on child care workers.
- Ask for their DMV record if they drive children.



Trust your instincts

- Hire someone you and your child like.
- Communicate with your provider.

Talk with your provider two or three times a week. Leave notes. You should plan a meeting with the provider every two or three months. Share stories about your child.

Where You Can Find Help

Need help finding quality child care?

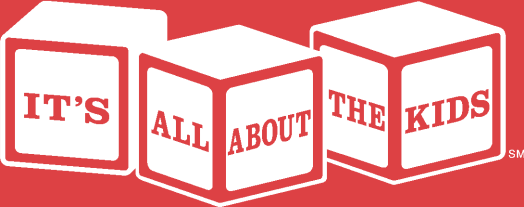
Call these free numbers from anywhere in California:

California Child Care Resource & Referral Network
(800) 543-7793

TrustLine
(800) 822-8490

Child Care Connection
(800) 543-7793

Brought to you by the California Children and Families Commission. Funded by Prop 10.
For more information, please call **(800) KIDS-025**.



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